

Take your fitness to the next level!

A Tyler, Texas fitness club for everyone, get started today with a free trial!

[Free Trial](#)
[Find out more](#)

Free Online Fitness Evaluation



Are you ready to achieve your fitness goals? Then take action now by completing our free online fitness evaluation! Click the link below to get started.

[Get Started Now!](#)

360 Fitness eNewsletter



Sign-up to receive our monthly health, fitness & nutrition tips to help you reach your personal goals. Click the link below to sign-up.

[eNewsletter Sign-up!](#)

Personal Fitness Training



We offer cutting-edge Personal Training programs that get results! To find out more about our personal fitness programs click the link below!

[Get results now!](#)

Welcome to 360 Fitness – Tyler, Texas

At 360 Fitness we have everything you need to achieve better health, more energy, greater endurance, and less stress. With professional advice, motivation, state-of-the-art facilities and more – we are committed to helping you achieve your fitness goals.

360 Fitness takes a holistic approach to fitness and wellness encompassing cardiovascular, muscle conditioning, balance, flexibility and nutrition. We operate from a belief that everyone can benefit from seeing a personal trainer multiple times per week or even as little as once every few months.

When it comes to your health, you deserve to work with the best!

Having your own personal coach overseeing your program and progress is the key to success. You will get a call if you don't show up for your exercise sessions plus we ensure your workouts are safe and fun! That's why our clients experience life-changing results.

Our primary focus is to ensure you achieve the goals you have set for yourself. So when you're absolutely ready to make some changes, you're sick and tired of paying for a gym membership you never use, and you realize you deserve to live your best life, it's time to call us at 360 Fitness – Tyler, Texas.

At our training studios in Tyler, we offer a variety of services to help you achieve your fitness goals including private training, partner training, small group training, nutrition consulting, athletic and sports conditioning, injury rehab and group fitness classes including Indoor Cycling, Yoga, Pilates, muscle conditioning, circuit workouts and more. And since we are located in East Texas, we help you put all that fitness to use and schedule regular outdoor adventures including hikes, bike rides, and walking and running clinics.

[Find out about upcoming events at 360 Fitness - Tyler, Texas!](#)

360 Fitness Upcoming Events

[Fall Into Fitness.....and WIN!!!](#)

Posted On 10.1.2010

[10 Week Fat Loss Program](#)

Posted On 09.2.2010

[Young Life Africa and 360 Fitness](#)

Posted On 05.10.2010

[View Upcoming Fitness Events](#)




Total Makeover Training Camp 4 Weeks To FABULOUS!

Click the link below to see the upcoming camp dates!

[Total Makeover Training Camp](#)

- [Indoor Cycling](#)
- [360 Strength](#)
- [Turbokick](#)
- [360 H.E.A.T](#)
- [Zumba](#)
- [Hip Hop Hustle](#)
- [Core Conditioning](#)
- [PiYo](#)
- [Silver Sneakers](#)

- [Michael Prince](#)
- [Melinda Prince](#)
- [Brent Hooser](#)
- [Jacob Deal](#)
- [Brent Hooser](#)
- [Jennifer Runnels](#)
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